



the new wham mag

issue 329 // 20 November – 3 December 2015 // Every fortnight



**Remembering
fallen heroes**

Poppies show we will never forget (p8)

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20 November 2015 // **issue 329**



It was good to see so many residents young and old make time to remember those who died in two world wars and conflicts since. See how Newham saluted our fallen heroes (p8).

TV mogul Alan Sugar may be looking for his next apprentice but there are many career opportunities that Newham Council offers young people (p11). You can also read what you need to do if you are interested in becoming a foster carer to teenagers (p14).

The Christmas lights are about to be switched on around the borough (p17) and you can learn about all the improvements that are being made in East Ham's Plashet Park with the help of residents (p18). We salute John Barber, The Queen's man in Newham, and discover all about royal protocol (p24).

Don't be caught out by buying dodgy or fake goods this Christmas (p17). And read how Canning Town actor Joseph Adelakun is making Shakespeare enjoyable for young people (p29).

Councillor Ian Corbett
Mayoral adviser for environment and leisure

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IN BRIEF //

Free HIV screening offer

Newham residents at the greatest risk of contracting Human Immunodeficiency Virus, commonly known as HIV, are being urged to take advantage of free screening tests.

Each year around 100 people in the borough are diagnosed with HIV. Whilst it is most prevalent among the black African community and men sleeping with men, anyone who has had unprotected sex or has shared needles, syringes, or other injecting equipment could have been at risk.

HIV charity Positive East provides a walk-in testing service at the Vicarage Lane Centre, E15, from 4-7pm on Mondays and Fridays, which can provide results within minutes.

The Greenway Centre at Newham University Hospital, E13, open Monday to Friday, also provides rapid HIV testing. On Tuesday 1 December, as part of World Aids Day, the centre hosts a special clinic from 9.30am-4pm.

Open house for support

An Open House event for parents and carers of children and young people with special educational needs or disability, takes place on Friday 4 December, 9.30am-1.30pm, at the Trinity Centre, East Avenue, Manor Park, E12.

Open House events are run by Newham Council and the Newham Parents Co-Production (NPC) forum. They include workshops offering parents advice about the integrated support on offer from education, health and social care services. Parents can also suggest during a question and answer session how services can be improved. Refreshments are available.

To reserve a place or for advice on childcare facilities or NPC activities, e-mail jannah.akter@newham.gov.uk or phone **020 3373 7746**.

Spruce up at community centres

Newham councillors joined members of staff from development company Lend Lease as they took part in activities to improve two community centres in Stratford.

The 32 workers volunteered to take time out from their duties at The International Quarter on Queen Elizabeth Olympic Park, to carry out a range of DIY tasks at the Vicarage Lane Community Centre and the Carpenters and Docklands Centre on Gibbins Road.

Activities included cleaning up communal areas, painting and decorating the inside of the buildings, general DIY and the making of planters for new community garden growing areas.

Councillors Mas Patel, Forhad Hussain, Ken Clark, Freda Bourne, John Whitworth and Richard Crawford helped out. Councillor Patel said: "It is good to see a company giving something back to the community in which it is based. Residents and centre users will welcome the improvements."



Councillors and volunteers at Vicarage Lane

Bake off supports cancer care

Newham Council staff raised £1,100 for charity Breast Cancer Care during a coffee morning at their Newham Dockside offices in Beckton.

Workers and visitors bought homemade cakes, Christmas cards and clothing accessories at the fundraising event. There was also a raffle for prizes that included John Lewis store vouchers and tickets to the Race of Champions event at the former Olympic Stadium and the Robin Hood panto at Theatre Royal Stratford East.

All the money will help support those affected by breast cancer to enable them to access the best treatment and information available. Mayor Sir Robin Wales, Deputy Mayor Lester Hudson, Councillor Lakmini Shah and chief executive Kim Bromley-Derry helped serve up cakes. Sir Robin said: "We are proud to support those who work with people affected by breast cancer. Thanks to the local businesses who gave prizes and staff who baked cakes and donated money."



The Mayor, councillors and staff tuck in

Community goal is celebrated

Newham councillors and East Ham MP Stephen Timms attended a Parliamentary reception to hear how the work of the West Ham United Foundation should inspire other football clubs to get young people involved in sport and the local community.

The reception celebrated 25 years of the Foundation's work in Newham and surrounding areas and guests included politicians, business leaders, health professionals and charity heads.

Hammers staff currently work in 35 schools on projects involving 3,000 young people. The Foundation is set to expand its work when the club moves to the former Olympic Stadium next year.

Councillor Unmesh Desai, a trustee of the Foundation, said: "Having provided opportunities and support to 1.5 million people over the past 25 years, the target is to reach another million people in the next ten years."



Deputy Young Mayor appointed

Following the election of Newham's ninth Young Mayor, Alex Jarrett, a new Deputy Young Mayor has also been selected.

Newham's Youth Council, made up of Young Mayor candidates and young people from schools, colleges and youth groups across the borough, elected Aisha Balhweesal, 15, from Royal Docks Community School to the role. The Youth Council also appointed Saadia Sajid from Newham Sixth Form Collegiate Centre as Newham's member of the UK Youth Parliament. Alex Holmes from the London Academy of Excellence in Stratford will be Head of the Youth Council's Mental Health Board. Priscilla Hossain from Sarah Bonnell School will head the Events Board and Deborah Conteh from Kingsford Community School will be Head of the Learning and Leisure Board.

Young Mayor Alex Jarrett said: "I look forward to working with everyone to deliver my manifesto promises and ensure young people have a voice."



Free parking at Christmas

Newham Council is hoping to take some of the stress out of Christmas shopping by offering residents four days of free parking next month.

Parking charges will be suspended on Friday 11, Monday 14, Friday 18 and Monday 21 December in six council-run car parks at St John's Road East, St John's Road West, and Madge Gill Way, all East Ham; Shaftesbury Road in Forest Gate; Queens Market in Upton Park; and the Old Town Hall, Stratford.

Councillor Ken Clark, Cabinet member for public affairs, building communities, planning and regeneration, said: "By offering free parking we are supporting local businesses to get the most out of the Christmas season. We want shoppers to visit our retail areas on either side of the weekend to ease the rush."

The car parks will still be patrolled to ensure drivers are parked legally within marked bays and valid Blue Badges are on display in disabled parking bays.

Games no flash in the pan

Recently I spoke at the Olympic Stadium to mark ten years since we won the bid to host the 2012 Games, and to mark the official launch of the Foundation for FutureLondon, a charity that will deliver arts, culture and creative education programmes on Queen Elizabeth Olympic Park and in surrounding boroughs.

“I continue to push for regeneration to be done right and for residents to always be an integral part of the Olympic and Paralympic legacy.”

I always enjoy visiting the Stadium because it's a constant reminder of how tirelessly Newham Council worked to ensure the 2012 Games was the best ever, but more importantly, to make sure our residents and neighbourhoods benefited and continue to do so.

We haven't rested on our laurels after the Games. We can all see the huge investment in the area through improved transport links and new neighbourhoods like The International Quarter and East Village.

The cultural, creative and educational offer that will soon arrive

in the form of the Olympicopolis project, the Smithsonian Institution and the Victoria & Albert Museum, will greatly add to the revitalisation of the area.

In Newham cultural activities add huge value to our residents' lives. Our Every Child programme is testament to that and is helping to open up a range of opportunities to the youngest in our borough. From trips to the theatre to free music tuition, it is important that our children get to benefit from the same opportunities as their peers in wealthier parts of this city.

Together we are showing the world, the country and the rest of London that the Olympic Games and Paralympic Games and our investment in the

Stadium weren't just a flash in the pan. Recent spectacles like Rugby World Cup 2015, International Rugby League and the Race of Champions, have illustrated the potential of the iconic venue. And West Ham United manager Slaven Bilic told me during the event how much he is looking forward to seeing football there from next season.

When the bid for the 2012 Games was won ten years ago I promised that our residents would benefit. This is happening, but I continue to push for regeneration to be done right and for residents to always be an integral part of the Olympic and Paralympic legacy.



Mayor's view

Young ones must never forget

Once again we have continued our proud tradition of commemorating the contributions of those servicemen and women, and civilians, who gave their lives for our country's cause and for the freedom of others.

We must keep remembering those who died in two world wars and in more recent conflicts in Iraq and Afghanistan. We must never forget what they have done for us.

It was gratifying to see so many young people, including our Young Mayor Alex Jarrett, joining us to salute the bravery of those who continue to protect us from harm. They will be the custodians of the remembrance message for many years to come.

It was a proud moment too in a different way for Emmanuel Barco, a Year 8 pupil at St Bonaventure's School in Forest Gate. He is a bugle player who has come through our Every Child a Musician programme and played the Last Post and Reveille at the Armistice Day service in East Ham's Central Park. And he did it marvellously. Well done Emmanuel.



With bugler Emmanuel and Young Mayor Alex

Don't suffer this pain in silence



I encourage you to join me on 25 November in making a public pledge in support of the United Nations International Day for the Elimination of Violence Against Women.

The day is followed by 16 days of action against gender violence and I'm hoping Newham residents will support the campaign using social media.

It's very simple. Hold a handwritten pledge that says: "I will never commit, condone, or stay silent about violence against women." Post it on Twitter, Facebook or Instagram using the hashtags #16Days and #Newham so that we share it with a wider audience.

In Newham we have a zero tolerance approach to any domestic or sexual violence. Victims must feel safe enough to come forward and seek help. They should not have to suffer in silence. Our homes should be places of safety and comfort, not places of torment.

If you or anyone you know is experiencing domestic or sexual abuse then I urge you to call the Newham One Stop Shop on **0845 451 2547**.

with Sir Robin Wales

Sacrifices we will always remember

Remembrance Sunday (8 November) and Armistice Day (11 November) was marked in Newham with tributes to those who lost their lives in two world wars and conflicts since.

Around 1,200 people gathered at the Cenotaph in East Ham's Central Park, E6, **(1)** following a parade from Newham Town Hall along High Street South, by veterans from the Royal British Legion, representatives of the uniformed services including West Ham's G Company 7 Rifles, and civic leaders.

A service of remembrance was conducted by East Ham Royal British Legion padre the Rev Fred Ashford-Okai and The Bishop of Barking, the Right Rev Peter Hill. Mayor Sir Robin Wales, Newham Council chief executive Kim Bromley-Derry, Young Mayor Alex Jarrett, East Ham MP Stephen Timms, and John Barber, The Queen's representative in Newham, were among those who laid wreaths.

In North Woolwich **(2)**, members of the Royal British Legion paraded from their branch in Constance Street to Factory Road, E16, for a service at St Mark's Memorial in the grounds of

Brick Lane Music Hall. They were joined by the Gatwick Caledonian Pipes and Drums, Councillor Paul Sathianesan, deputy chair of Newham Council, local councillors, residents and children from Britannia Village School.

“We must continue to commemorate those who lost their lives during two world wars and have died in the line of duty in conflicts since.”

Deputy Mayor Councillor Lester Hudson and West Ham MP Lyn Brown laid wreaths at All Saints West Ham Parish Church, Church Street, E15. Chair of Newham Council, Councillor Joy Laguda, attended the service at

St Luke's Memorial, Tarling Road, Canning Town, E16.

On 6 November in Plashet Park, Manor Park, E12, **(3)** Councillors Andrew Baikie and Salim Patel joined children from local schools in planting poppy crosses in the park.

On 7 November the Mayor laid a wreath on the pitch at West Ham United's Boleyn Ground **(4)** with Hammers Joint Chairman David Gold ahead of the game against Everton. On 11 November the Mayor joined local schools and the Royal British Legion in East Ham's Central Park to mark the 97th anniversary of the Armistice **(5)**.

Sir Robin said: “We must continue to commemorate those who lost their lives during two world wars and have died in the line of duty in conflicts since. Remembrance Sunday and Armistice Day allows us to reflect on what they have done for us.”





Tenant and leaseholder surveys

We are carrying out surveys with tenants and leaseholders to hear what you think about your property, landlord and neighbourhood.

BMG, an independent research agency, will visit a large number of tenants and leaseholders in November and December to carry out the annual surveys on your doorstep. We will use this information to improve the services you receive.

For more information contact
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Say YES to an apprenticeship

Business mogul Alan Sugar may be selecting his latest apprentice on TV, but Newham Council has been offering career opportunities to young people since 1991. The hunt is now on for five more recruits to become the latest Youth Employment Service (YES) trainees.

The recruits aged 16 to 18 will be recruited on a two-year employment contract working with the council's business administration section.

The YES apprentices are paid a training allowance of £180 per week. Trainees work towards NVQ2 qualifications in the first year and NVQ3 during their second year. They attend college regularly and transfer their learning back into the workplace.

More than 440 trainees have taken part in the council's YES programme since it was launched in 1991 to encourage local young people to take up apprenticeships. And 87% of those who have completed the programme have gone on to secure jobs, mainly with the council.

One of the most recent trainees is former Young Mayor of Newham

Yaseen Bux who is an apprentice in the enforcement and safety section. He said: "Being a YES trainee is a great way to start and a great way to move up. I would definitely recommend it to other people. The opportunities are excellent."

Yaseen and the latest cohort of apprentices who started in September are working across the council in departments as diverse as business administration, information technology, accountancy and vehicle maintenance. Previous apprentices have worked in planning and regeneration, human resources, housing, finance, communications, facilities management and surveying amongst many others.

Councillor Terence Paul, mayoral adviser for skills and adult learning said, said: "It can be challenging to secure

your first job but through YES, young people are offered a real opportunity to earn recognised qualifications and vital employment experience."

- > **The deadline to apply for the latest round of YES apprenticeship placements is 26 November**
- > **Initial assessments take place from 30 November**
- > **Interviews take place from 7 December**
- > **YES trainees will start in January 2016**

For details visit **www.newham.gov.uk/yes** or call **0203 373 8730**.

An abstract graphic featuring several thick, expressive brushstrokes in various shades of teal and green. The strokes are layered and textured, creating a sense of movement and depth. They are set against a light grey background and are partially enclosed by a white rectangular border.

CENTRE IS A NEW CHAPTER FOR THE ARTS

A space hosting educational, creative and community projects is just one of the initiatives that form a new artistic and cultural centre in the Old Manor Park Library on Romford Road, E12.

As part of a project by education charity Bow Arts and arts group Create, in partnership with Newham Council, the Grade II listed Carnegie building has been transformed into a centre for publically accessible work spaces for artists, creative businesses and the community.

The library had been empty for three years but has been converted into art studios, meeting spaces and a community area by leading architects Nicholas Lobo Brennan and Astrid Smitham. Newham Council has provided the building on a seven-year lease and the project is also being supported through the Mayor of London's High Street Fund.

Part of the scheme will see the former children's library area becoming a community space hosting a range of different artist-led projects, events, study sessions, social gatherings and film clubs. This section of the Old Manor Park Library will be known as the Rabbits Road Institute, led by artists Ruth Beale and Amy Feneck.

"The space has always been a public space so it is about celebrating that and it's a space for educational, creative and community projects"

Before the Rabbits Road initiative moved into the former library last month, the pair had spent the previous six months on community based projects in the current Manor Park Library and working with children at Little Ilford School. They are now looking to build on the excitement these projects have developed.

Ruth said: "We are really thrilled to be working in this building. As we have got to know the people and the area over the past six months the excitement has really been building up so it is really great to be finally moving in and starting on this public programme."

They will be holding a series of

community meetings to encourage local residents to get involved in the project and help shape how it progresses.

"The space has always been a public space so it is about celebrating that and it's a space for educational, creative and community projects," Amy said.

"Part of what we are doing is running a public programme of films, creative projects for children, and economic study groups looking at relating them to local people's lives.

"We are also going to be open two days a week running our programme of events but people from the local community can also propose how to use the space. There are three days out of the week that they can book the space and use it.

"This will help keep the link with the local community. People will be involved with making it work, making it happen and making it into a community space."

As the whole project takes shape, Rabbits Road will also link up with artists in the newly created studios to run events in the community space – as Amy and Ruth put it, becoming the 'conduit between the streets and the artists.'

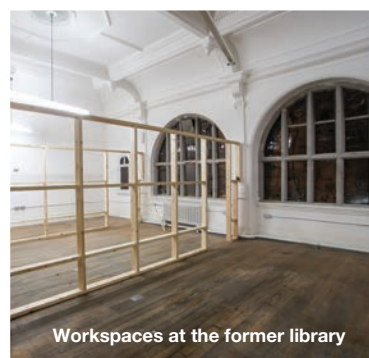
One of the artists who will be based at the centre will be Sally Labern, who works across a range of mediums including film, sculpture, drawings, and recorded sound. She said: "This project is important to me. It is a unique project with an important large space at the front of the building which will allow an exciting collaboration and conversation between artists and the local community."

Mayor Sir Robin Wales, described the project as "ambitious and innovative". He said: "Newham has a wealth of artistic talent and this revamped centre will give a fantastic setting to help nurture this. It will also provide an ideal venue for local residents to be able to enjoy the array of artistic talent we have in the borough."

For more information
www.createlondon.org/event/rabbits-road-institute/



Ruth Beale, right, and Amy Feneck



Sally Labern



Teenagers deserve foster families too

There's a perception that teenagers are difficult to look after and fostering them can be one of the most demanding forms of foster care. It's a challenge that requires people with compassion, patience, and understanding in equal measures – people like Vida and her husband Kweku.

They have been fostering with Newham Council since 2011, offering children, mainly teenagers, the safety and security of a home environment and support and guidance to help them through their problems and emotional issues.

Vida is a manager in the care industry looking after older people. She also worked with charity Barnardos for 12 years looking after children with autism. That's how she became familiar with fostering.

“All they need is love, care and attention and to know somebody is there to sit down with them, hold their hand and smile with them, like any family does.”

She said: “Kweku and I have children of 28, 25 and 20. We have had a positive impact in their lives and we wanted to transfer that to other children.

“People often think that kids who come into care cannot achieve anything. I don't see it like that. I want my children to be role models to the children that come into our household; to encourage them that they can achieve anything they want to.

“It helps that my children have grown up and Kweku and I have the house to ourselves. That's important because when the children we foster come to us, they feel the whole house belongs to them.”

Vida and her husband, a former teacher, have always had a passion for looking after young people. She added: “Children that are in care need love and attention and to know someone really cares. We care as a family, it's not just me and my husband, but my children who look on the people we foster as their siblings.”

The couple took up fostering after seeing a newspaper advert. Vida explained: “I thought my children are growing up and the house is going to be empty soon so let's see how it goes. Kweku has to take the credit because he left teaching because he wanted to work from home. Our first placement was three siblings aged nine, eight and three. It was challenging but so rewarding and my kids just loved them. From that day it hasn't stopped.”

Since 2011 they have fostered on at least 11 occasions, including sibling groups and mainly teenagers. They are currently fostering a boy of 13 from Afghanistan. Said Vida: “He speaks little English so Kweku went on to the internet and downloaded an app so he translates.”

Being a former teacher, Kweku is able to help the foster children with their school work. Said Vida: “He just loves young people, but what we do is a team effort. If you aren't, it won't work.

“Fostering children of all ages is rewarding but more so in the case of older children. We look after teenagers

because we want to make a difference in their lives. At that age you know you can do something with them, to help them be able to look after themselves. All they need is love, care and attention and to know somebody is there to sit down with them, hold their hand and smile with them, like any family does. That's what it's all about.”

Vida and Kewku also maintain good relationships with the birth parents of those they foster. “That way the kids know we are all here to work together for their future and to make sure everything is positive for them.”

Originally the couple fostered through a private agency but soon came on to Newham Council's roster. Vida said: “Newham has been really supportive. I know if I need anything I can just pick up a phone. And Kweku is now helping to train prospective foster carers.”

The children the couple foster call them Auntie and Uncle. “Kweku is the joker, but I'm the one that is firm,” Vida added. “And they love Kweku's cooking as well.”

Many children that come into care are teenagers. Newham Council is looking to recruit foster carers for children aged 11 and over. All you need is a spare room and time to care for a child. **Call 0800 0130393** or visit **www.newham.gov.uk/fostering** for information.



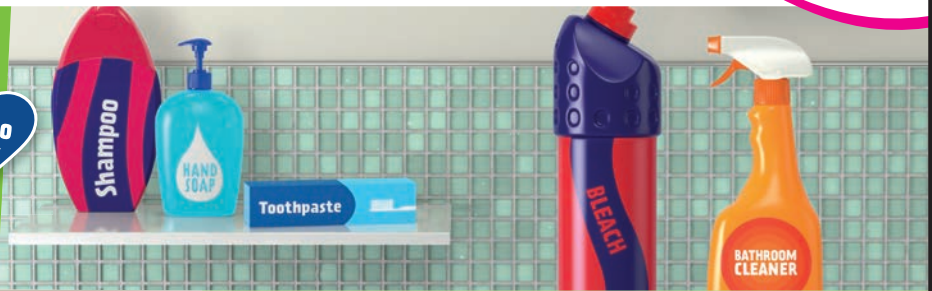
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Parking permits, bin queries and bulky and garden waste collection service requests are now online only.

Lighting up Christmas

Festive cheer for the whole family will be on offer at Christmas tree light switch-ons being staged by Newham Council between Saturday 28 November and Saturday 5 December.

Mayor Sir Robin Wales will officially switch on the lights at events in East Ham, Upton Park, Stratford and Forest Gate.

Father Christmas will greet the crowds at the first of the switch-ons in East Ham on Saturday 28 November with the fun starting at 2pm. A character from panto Robin Hood being staged at the Theatre Royal Stratford East will be making a special appearance. Local schoolchildren will take part in a lantern procession and there will also be face painting, arts and crafts in the library and performances by the Nelson Primary School and Young and Gifted choirs. The lights on the 25 foot tree, sponsored by Harding Brothers, will be turned on at 5pm.

performances by local schoolchildren and Forest Voices choir.

Children will also be able to make their own Christmas lanterns and take part in a special parade ahead of the switching on of the lights at 6.10pm. The event is being held in partnership with Woodgrange Market who will also be hosting a food festival on the evening between 6pm and 9pm.

Sir Robin said: "For me these events really mark the start of the Christmas season which is a time for friends, families and neighbours to come together."

**For more information
visit [www.newham.gov.uk/
christmas](http://www.newham.gov.uk/christmas)**

"These events really mark the start of the Christmas season which is a time for friends, families and neighbours to come together"

On Friday 4 December the Every Child a Musician brass quartet will be performing at the switch-on of the tree lights in Meridian Square, Stratford. Children will also be able to visit Santa in his grotto in nearby Stratford Library. The Christmas tree lights will be turned on at 5pm.

On Saturday 5 December a choir of local schoolchildren and carol singers will be performing at the switch on of the Green Street lights in St Stephen's Parade, Upton Park, at 4.15pm. On the same day the lights in Forest Gate by Woodgrange Market will be switched on. A range of festive activities will be held between 4pm and 6.30pm including



New leaf in park life

More than 600,000 people visit East Ham's Plashet Park each year. Now they can enjoy the benefits of a £1.8m facelift made possible by the Heritage Lottery Fund, the Big Lottery Fund and Newham Council.

Local residents, schools and community groups have all helped shape the new look park, which dates back to the 19th century. While the full benefits will not be apparent until the Spring, you can already see new paths, benches, wildlife areas and bins. There is a new toilet block, an extended children's play area and an improved café.

In 2012 the Heritage Lottery Fund and Big Lottery Fund provided £1.3m towards the restoration project. Newham Council have contributed £500,000 to the improvements, which should encourage many more people to come to the park.

The changes include new pathways across the park, new surfacing in the children's play area and the installation of new swings for toddlers. New areas have been created in the style of historical Victorian and Edwardian gardens, and new hedgerows, trees and shrubs have also been planted.

The Register Office next to the park has been made more accessible. Refurbishment works have also been carried out to the exterior of the bowls

pavilion including new timber cladding to the clock tower, a new clock face, new clock tower roof, repairs to the pitched roof and new guttering.

In the centre of the park a new circular paved area has been developed on the site of the original bandstand with pop up electrical power available to enable live performances and events to take place.

"Plashet Park has always been a hugely popular draw for local residents to take their children to play or to simply go for a walk and enjoy the wildlife"

The café has been revamped with a new roof, windows, security shutters and planters, while the old toilet block has been demolished and a new one with three unisex and disabled cubicles built in its place.

Regular user of the park Michael Camissar, of Halley Road, said: "It's a vast improvement. My favourite part of the park is the Northern area with the new path and planting for wildlife."

Much of the work has already been finished, but work will continue over the winter ahead of a formal opening of the new look park next year. This additional improvements will include new signage, upgrading the surfacing around the Register Office and refurbishing the inside of the café.

Councillor Ian Corbett, mayoral advisor for environment and leisure, said: "Plashet Park has always been a hugely popular draw for local residents to take their children to play or to simply go for a walk and enjoy the wildlife. With the park also offering cricket nets, tennis courts and a bowls green it caters for a wide range of people.

"As a result of the funding we have received from the Heritage Lottery Fund and Big Lottery Fund we have made the park an even more enjoyable place to visit, relax and play. We have created new paths, a meadow and ornamental planting areas as well as made improvements to the play area, café and created a new toilet block.

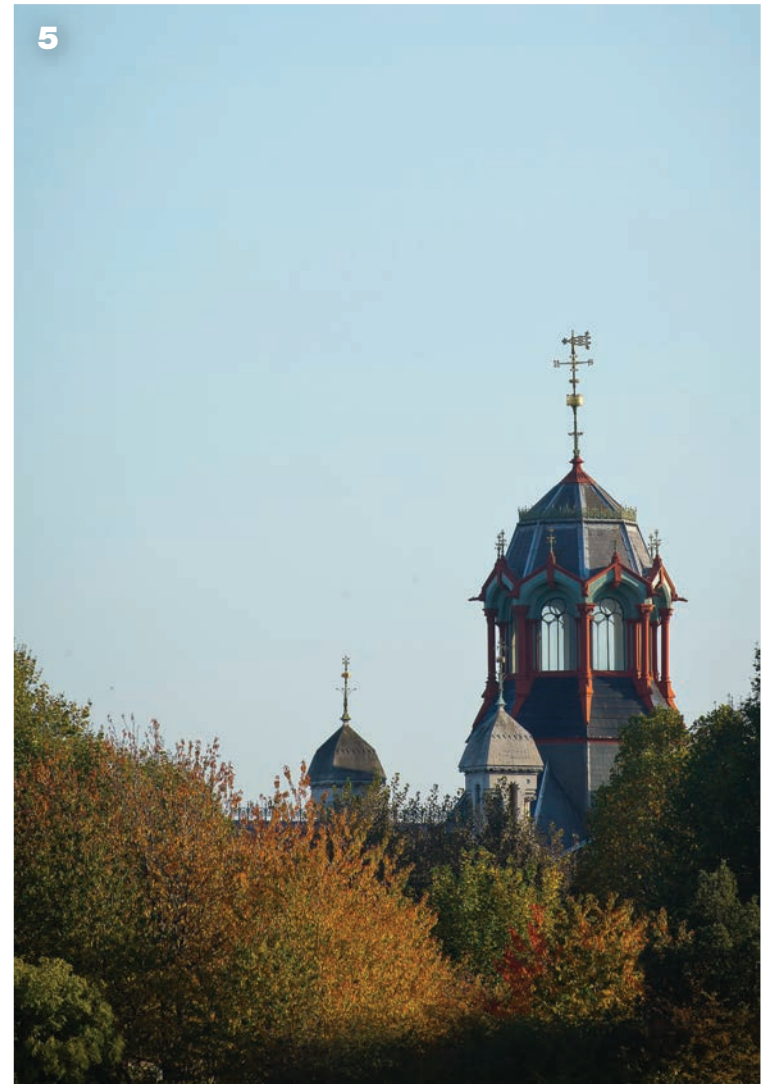
"I am sure everyone who visits Plashet Park will see and love the changes."

Newham Council is working with activity provider activeNewham to support local residents in making the park the best place to go for a whole range of activities. For more information about events and activities and ways to get involved in supporting Plashet Park visit www.activenewham.org.uk or call 0300 124 0123





Autumn in pictures



As the days grow shorter and colder it would be easy just to stay under the duvet with a warming drink and a box set of our favourite TV programme. But if we did that we would miss one of the best times of year to see Newham's parks, open spaces and tree-lined roads at their most visually stunning. At this time of year they transform into mazes of falling red, gold and amber foliage as far as the eye can see. Here are just some of them: **1** Chestnut Avenue, E7. **2** Central Park, E6. **3** Beckton District Park, E6. **4** Lyle Park, E16. **5** Greenway, E15. Visit the parks and open spaces section at www.newham.gov.uk for details of the 34 parks and open spaces around the borough managed by Newham Council.



Most of Newham's libraries
are **now open until 8pm.**
Read all the details on:

**[www.newham.gov.uk/
extendedhours](http://www.newham.gov.uk/extendedhours)**

TAKE A STAND ON VIOLENCE AGAINST WOMEN



Domestic and sexual violence affects approximately one in four women in the UK. The United Nations have designated 25 November as International End Violence against Women Day and are asking people to pledge support during 16 days of action.

Councillor Lakmini Shah, mayoral adviser for domestic violence, is supporting the campaign, which encourages businesses to help their employees who have endured violence with the goal of securing their safety and mitigating financial loss.

She said: "We have a zero tolerance approach to domestic and sexual violence. We should all do everything we can to make Newham a safer place for women, men and children."

If you are or know anyone who is experiencing domestic or sexual violence and you need some support you can contact the Newham One Stop Shop on **0845 451 2547**. One person who did was Saphia:

Saphia's Story: "I came to the UK in 2011 with my husband and settled in Newham. My husband was very controlling. I wasn't allowed to go out or contact anybody. He used to hit and verbally abuse me. He never gave me money and sometimes there would be nothing for me to eat."

"After one occasion when I was beaten by him, I ran out of the door and someone must have seen my injuries and the state that I was in and called the police. Later on, I gave him another chance and went back to him but instead of changing he became worse."

"I was referred by the police to Aanchal Women's Aid via the One Stop Shop and they supported me to end the relationship, source a visa and find accommodation. Now I'm living an independent life and attending English classes at college. I'm no longer living in a controlled and abusive life and I can look forward to working towards my dream of becoming a doctor."

Show your support

Take the pledge: "I will never commit, condone, or stay silent about violence against women". Post a picture of you holding up the pledge on Twitter, Instagram or Facebook with hashtags **#16Days** **#Newham**





Honoured to be The Queen's man

From royal visits, presentations and awards, to establishing supportive links with Newham Council, charities, the military and youth organisations, John Barber fulfils many roles, including ensuring The Queen is kept aware of what is happening among her people in the borough.

John, who was on parade at the Remembrance Sunday and Armistice Day services in East Ham, is the Representative Deputy Lieutenant for the London Borough of Newham. Representative Deputy Lieutenants are distinguished residents who have either served the community or have a history of service in other fields. They wear a uniform based on the dress uniform of Army officers.

Said John: "I have no military or service background at all, but it is no longer a requirement of the job. When I was young I didn't even want to be a Scout but now I'm their vice president. My sister laughs at that because they couldn't get me to go to any of the uniform groups.

"It is a tremendous honour to wear the uniform. It's something you could never anticipate as you go through life. I never thought I'd have to get used to wearing spurs and carrying a sword. It is the greatest honour you can be given."

"The borough has given me a great deal and now it's my time to put something back, especially if I can make someone's life better"

For more than 20 years John has been chief executive of the Kendon Settlement, a charity in Stratford that runs sheltered accommodation for older people. This followed more than 20 successful years in the property world as an estate agent and chartered surveyor. He has also been Prime Warden of the blacksmiths livery company in the City of London and chair of governors at Carpenters School in Stratford and Newham Music Academy. John said: "My family have been involved in the livery company since 1725 and in 1732 one of my ancestors, John Barber, was Lord Mayor of London. I became

a liveryman in 1978 when I was 30 but never anticipated being Prime Warden. In the City there are 110 livery companies but only six Prime Wardens, which is the highest position you can have."

John's duties can range from meeting and greeting members of the Royal Family, to giving out Duke of Edinburgh awards, visiting mosques and schools, attending citizenship ceremonies or attending any of the borough's cadet or uniform organisations.

He said: "I've always enjoyed people and I love doing what I do. I'm honoured to be The Queen's representative in Newham. It's the nicest thing that could have happened to me. The borough has given me a great deal and now it's my time to put something back, especially if I can make someone's life better. I've been lucky to have had opportunities and it's good to be able to offer others the same chances.

"This role is about encouraging the people of Newham to recognise their heritage and that ordinary people can go forward. The honour of being able to do my job is to be able to take the people with you in recognition of what they do." John is able to invite eight residents to attend garden parties at Buckingham Palace. He said: "These people may never get awards but going to a garden party is something they will always remember."

John has to retire from the role in seven years time at the age of 75 and is already beginning to look for a successor. "When we know a member of the Royal Family is coming there is a script to work from," he said.

"Before they come here, you do a recce and a run through. When you meet them you are taught when to go forward, when to nod, not to put your hand out first and just to keep it all relaxed. I salute if I'm in uniform, welcome them to Newham and then introduce them to the other VIPs such as the Mayor.

"I never imagined 20 years ago that I would be doing this role and when I was asked to do it I was gobsmacked. However my staff tell me I look like Benny Hill when I've got the hat on."

Need some cash in time for Christmas?

Workplace are currently recruiting for over 1,000 seasonal vacancies at Westfield Stratford City and across London.

There are part-time and full-time opportunities, temporary and permanent roles on offer in lots of different industries including retail, hospitality and security.

Find out more by:
Calling us between 9am-5pm
to get registered on
020 3373 1101.

You can also register online at
www.newhamworkplace.co.uk

Or visit us at:
Newham Workplace
Boardman House
64 Broadway
Stratford
E15 1NT

Tell us about your travel habits and help improve Newham through better local connections and neighbourhoods.

You can earn rewards for your time.



www.newham.gov.uk/pasta



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

Too good to be true?

Soon the first Christmas lights will be illuminating the streets of Newham and if you've not already started buying your Christmas presents, we're sure you'll soon be scouring the borough's high streets and shopping centres to find that special something for your loved ones.

All year Newham Council's trading standards team have been working hard to ensure that shops and stallholders are selling products which are of a good quality and meet safety regulations.

Earlier this month the council's enforcement team stopped an illegal street trader in East Ham selling perfumes. Trading Standards officers seized the 13 dodgy fragrances, which were being sold on the cheap, in case they were copycat cosmetics which could pose a danger to recipients.

A few years ago just before Christmas an officer seized 54 dancing dogs from a store in High Street North, E6. The pups may have looked cute and cuddly but without a CE conformity mark there was no guarantee they complied with vital safety standards required within the EU.

And in recent years the team has also seized a large amount of bootleg booze. Often illegally imported in ten litre vats, these wines and spirits are decanted into smaller bottles to be sold. The alcohol is often produced or decanted in unsterile environments and has gone through no

quality control when it is passed on to consumers.

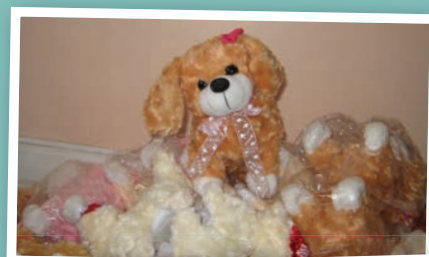
Councillor Unmesh Desai, Cabinet member for crime and anti-social behaviour, said: "This time of year residents may be searching for presents for their loved ones, and it can be an expensive time. We can all be tempted by a bargain, but if it's too good to be true, then it probably is.

"Whether you're buying a Christmas present or a birthday gift make sure you are buying from established traders and stores in the borough, inspect packaging and check whether toys have a CE mark on them.

"The last thing we want is for this time of celebrations to be spoiled by an unsafe present. If you have any concerns contact our Trading Standards team for advice."

If you've bought a present you are unsure of you can contact Newham Council's Trading Standards team on 020 3373 0802 for advice.

For more information about your rights as a consumer check out the Citizens Advice Bureau website or call their consumer advice helpline on 03454 04 05 06.



Attention Parents!

More two-year olds are eligible for Free early years education



Would you like your children to:

- Do exciting activities?
- Play with other children their age?
- Get ahead with learning and development?

Your child may be entitled to up to 15 hours per week of free early years education, starting the term after their second birthday. Subject to meeting income criteria.

Provide • your name • date of birth • National Insurance number and find out NOW if you are eligible by contacting the Learning and Achievement Team on **020 3373 0980** or email **twoyearold.childcare@newham.gov.uk**

It's Shakespeare with young in mind!

Some people say that if you start a child young enough, they will become Shakespeare lovers for life. A new production at art centre Stratford Circus has been written with young people in mind.

The National Theatre's production of *The Comedy of Errors* is a pint-sized version for young audiences aged eight to 12. It's a panto-style slapstick romp with plenty of sunshine, Calypso tunes and the odd plastic pink flamingo and palm tree.

Set in a city celebrating carnival, it is a tale of identical twins seeking each other after being separated by shipwreck. There is much mistaken identity and confusion before a final joyful reunion.

“It's really important that young people can enjoy theatre from an early age”

Canning Town actor Joseph Adelakun plays the bereft father Aegeon. He said: “This production is far too much fun to be work. I love performing for a young audience because the feedback is instantaneous. They're not afraid to laugh out loud or to shout out. That is really rewarding.”

Joseph, a former pupil at Beckton's Kingsford Community School and who went to Newham Sixth Form College, is no stranger to Stratford Circus. He said:

“I've been going there for many years as a member of the resident NewYVC (New Young Voice Collective) choir. I also did dance and drama classes there. I'm looking forward to being able to go to work on the bus.”

He said the production will show that Shakespeare is accessible to young people. “It's really important that young people can enjoy theatre from an early age. It's a fun thing and the more children know about it the better.

“We have kept much of the original text but there are bits and bobs and ad libs to make it current, but it is still Shakespeare text. And I get to sing which I enjoy a lot.” As Aegeon, his character sets the scene at the start of the play and explains what

has happened. Joseph said: “There's a really nice moment for him at the end of the play which I won't spoil for anyone who's coming.”

The Comedy of Errors is at Stratford Circus, Theatre Square, E15, on 28 November at 11.30am and 3pm. Tickets range from £6.50-£8.50. Call the box office on 0844 357 2625.

Joseph Adelakun



School has golden touch

Staff and pupils at Ranelagh School in Stratford can now call themselves golden wonders after receiving a prestigious award from the Mayor of London.

Executive head teacher Angela Tapscott and head of school Shella Lawrenson went to City Hall to collect a Gold Club Award, which recognises excellent teaching and exceptional schools across London.

The awards were set up to boost standards and raise attainment for all schoolchildren, wherever they live and regardless of their background. Ranelagh was applauded for the way staff have improved standards in teaching and have raised pupil attainment across all year groups, including nursery provision.



Angela, centre, and Shella at City Hall

Angela Tapscott said: "We are delighted to be one of 113 schools across London that received Gold Club status in 2015 and are ready to help others experience the same success and extraordinary performances achieved by Ranelagh pupils."

For more information about the school visit www.ranelagh.sch.uk

Cadets are flying high



Newham councillor Bryan Collier and East Ham MP Stephen Timms helped present prizes at the 282 (East Ham) Squadron Royal Air Force Air Cadets awards evening at Newham Town Hall.

More than 100 cadets aged 13 to 20 were honoured in the gala function that included a 20-piece marching band and 350 guests.

Awards and certificates handed out covered first aid, marksmanship, band proficiency, aviation studies, public service, sporting achievements, leadership and educational attainment. Thirty-four new recruits were saluted and more than 30 Duke of Edinburgh awards were also presented.

Cadet Sergeant Louisa Quadir said: "Awards evening is something that all

cadets look forward to as we get to celebrate all of our achievements from the year."

For more information visit the 282 (East Ham) Squadron Royal Air Force Air Cadets page at www.facebook.com



Some of the prize winners

Discover some festive stories

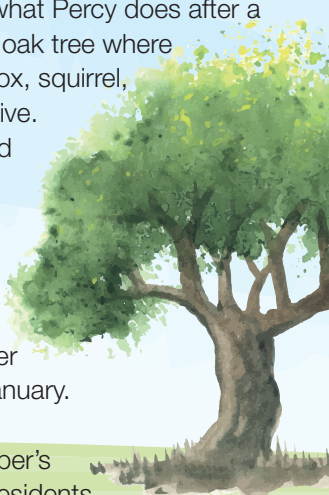
If you are looking for something different for the family to enjoy over the festive season then try the two offerings at the Discover children's story centre in High Street, Stratford.

Percy the Park Keeper's Winter Park is a production and craft workshop for children aged three to six. Puppeteer Daniel Naddafy tells the story of what Percy does after a winter storm blows down the old oak tree where his animal friends mole, badger, fox, squirrel, duck, hedgehog and the rabbits live. Performances last 55 minutes and take place at weekends from Saturday 28 November and daily from 16 to 23 December.

Glitterbugs is a free shiny world full of icy stories, songs and puppets for young ones under three from 27 November to 10 January. Performances last 20 minutes.

Tickets for Percy the Park Keeper's Winter Park are £6 for Newham residents.

You can book online at www.gammabookings.com/discover or call 020 8536 5555 Monday to Friday 10am to 5pm or email bookings@discover.org



Healthy work experience

A group of Newham students were given the opportunity to complete a prestigious two-week work experience placement at the Department of Health in Whitehall.

The Newham Careers Network works with the department to highlight civil service careers available as part of a Building Bridges project. Each Year 10 student spent their first week with teams from across the department and the second week interviewing ministers, visiting Downing Street, and attending the House of Commons.

Lynda Dumitru, 15, from Kingsford Community School, Beckton, spent her first week with the health and wellbeing section in the public health team. She said: "I like the variety within the civil service."



Students at Downing Street

Pupils on their bikes



Cumberland pupils try BMX



Pupils from Cumberland School in Plaistow were among hundreds of young people who enjoyed cycling for free at Lee Valley VeloPark during its second annual Schools Festival.

The world's best cycling venue, on Queen Elizabeth Olympic Park, invited secondary school students from every London borough to cycle in the tracks of sporting legends like Sir Bradley Wiggins and Laura Trott.

Lee Valley VeloPark is the only place where riders can tackle track cycling, BMX, road and mountain biking in one location and the youngsters were able to experience all four cycling disciplines during an action packed day.

Paul Osborn, Lee Valley Regional Park Authority Chairman, said: "We hope many of those who have taken part will be inspired to continue cycling."

For more information go to www.visitleevalley.org.uk/velopark

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry

GALLERY



Wiktorina Klimczak, 7



Ishtar Kubiak, 7



Anas Khan, 7



Indumukhi Titre, 10

Win free membership at Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Wordsearch

Poem

School

I go to school every day,
but lay on Saturday and Sunday.
After PE, I sit on the bench,
waiting for Miss to begin French

I do my writing,
wishing that I was outside
running.
But no! Entry is closed to the
playground,
I'm surrounded by teachers all
around.

Five minutes left, and then break,
but then one hour of math
working out problems, solving
sums.

Finally, it's lunchtime!
The clouds go away, and the
sunshine appears.
One more subject to go. Art.
My favourite subject in heart.

At last, it's home time,
but I also have to do a good hour
of homework.
Then I prepare for another long
day, of WORK! WORK! WORK!

Yusra Nazar, 10



M	T	A	B	W	R	P	O	W	E	R	S	T	C	N	N	E	S	D
U	A	A	E	P	T	O	T	A	A	E	C	T	H	F	A	S	O	T
S	C	G	F	R	U	O	L	H	S	B	O	E	H	A	G	E	S	H
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R	G	A	B	C	T	R	B	N	O	A	E	R	E	C	G	L	C	P

Abracadabra
Cloak
Costume
Fancy Dress

Magician
Powers
Spells
Stars

Tricks
Wand
Witch
Wizard

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

- 1** **Winter Tea Dance** – Mon 30 Nov, 11am-1pm, Plaistow Library, E13. Get your feet tapping at our winter tea dance. Learn new moves, enjoy free performers and refreshments. For ages 16+.
- 2** **Let's get Crafting** – Thurs 3 Dec, 2.30-4pm, Canning Town Library, E16. Learn to make and decorate your favourite crafts by hand.
- 3** **Table top sale** – Sat 28 Nov, 9am-2pm, Jack Cornwell C.C, E12. Buy and sell household goods at reduced prices. Sellers will be charged £5 per table.

CHRISTMAS LIGHTS SWITCH-ONS IN NEWHAM

Begin your festive celebrations with free fun activities, entertainment and Christmas tree lights switch-ons to mark the beginning of the festive season. There will be performances by local bands and schoolchildren and an opportunity to meet Santa and his furry friends at various locations across Newham. Events take place on selected dates between 28 Nov to 5 Dec. For more details please visit www.newham.gov.uk/christmas

TRY SOMETHING NEW... HELP DECORATE PLAISTOW LIBRARY

Make and hang Christmas decorations, help put up tree and lights and create a winter wonderland in the children's section at Plaistow Library, North Street, E13. Refreshments available. All ages welcome. Saturday 28 Nov, 9.30am-5.30pm.



Indicates free sessions

Libraries unless stated

UNDER-FIVES

Toy Library  Introducing toddlers to borrowing toys. *Thurs, 10.30-11.30am, Beckton*

Storytelling  *Mon, 10.30-11.15am, Custom House; Mon 11am-12noon, Tues 10-11am, Beckton; Tues 10-11am, Thurs 2-3pm, Plaistow; Tues 10.30-11.30am, Sat 11.30am-1pm, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am, The Gate; Tues 10.30-11.30am, Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park*

Stay and Play  Support for parents and carers to develop their child through play. *Mon and Tues, 11am-12noon*

and Wed 11am-1pm, Sat 11.30am-1pm, Green St; Tues, 9.30-11.30am, Jeyes C.C; Tues, 10am-12noon, Grassroots; Weds 10am-12noon, Sat 11am-1pm, Stratford; Thurs, 1.30-3.30pm, Jack Cornwell C.C

Music and Movement  Sessions for parents/carers and children. *Mon, 10.30-11.30am, Grassroots*

Music and Rhyme  *Tues, 10.30-11.15am, Custom House*

Baby Sensory Sessions  **(0-13 months)** 1st Thursday of the month 10-10.45am, Beckton

YOUNG PEOPLE

Board Games Club (7-13yrs)  Play chess, Checkers, Ludo, Pictionary and more. *Tues 4-5pm, Fri 4-5pm, Stratford; Tues, 6.30-7.30pm, Green St; Thurs, 4-6pm, Custom House; Thurs, 4.30-6pm, North Woolwich; Sat,*

2.30-4pm, Manor Park

Games Club (7-16yrs) ★

Sony PS3, Xbox360, Nintendo Wii, board games and more.

Mon, 3.30-5pm, Plaistow; Tues, 3.30-5.15pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Fri, 5-7.30pm, Green St (Wii only)

Froud Young Project (7-16yrs) ★

Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C.

Arts and Craft Workshop (5+yrs)

Mon 4-5pm, Sat 1-2pm, Green St; Tues, 4-5pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich

Young Readers Club (7-12yrs)

Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich; Fri, 3.30-4.40pm, Green St

Children's Movie ★

Matinee (0-13yrs)

Sat 3.30-5.30pm, Green St

Let's Start Sewing (7-16yrs)

Beginner sewing classes. Sat, 12noon-3pm, Woodman C.C. Woodman St, E16. Email theteam@kefoundation.org.uk

Spanish Club (7-14yrs) ★

Weds, 4-5pm, Beckton. Email vane_macia@hotmail.es

East Ham Youth Zone ★

Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Homework Club ★

All sites term time only. Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Weds, 3.30-5.15pm, Manor Park; Thurs, 4-6pm, Plaistow; Sat, 10.30am-12.30pm, The Gate; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5pm, Beckton; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Green St

Cartoon Club ★

Mon 16 Nov, 3-4pm, Green St

Countries Culture Club ★

Weds, 5.30-6.30pm, Green St

Kids Dance ★

Sat, 6-7.30pm, Green St

Rosetta Art Workshop (5-12yrs) ★

Thurs 26 Nov, 11am-12.30pm, Canning Town

Multi Games (6-12yrs) ★

Mon, 5-6pm, Green St

Handwriting Practice ★

Tues, 4-5pm, Green St

Interactive Learning ★

Tues, 5-6.30pm, Green St

Family Movie Club ★

Free films for all the family. Sat, 4-5.30pm, Green St

Table Tennis Championship ★

16+. Sat, 21 Nov 2-5pm, Plaistow

Time-2-Craft (16+) ★

Sat, 10-12noon, Stratford

ACTIVITIES AND SUPPORT



Afternoon tea ★

Tues, 4-5.30pm, Canning Town

Chess Club ★

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate

Coffee Mornings ★

Mon, 11am-12.30pm, North Woolwich; Tues, 10-11.30am, Beckton; Tues, 11am-12.30pm, Custom House; Thurs, 10.45am-12noon, Canning Town; Weds 25 Nov, 10.30am-12noon, Green St

Do It Online (18yrs+) ★

Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Tues 10am-12noon, Plaistow; Mon, 10.30am-12.30pm, Manor Park; Weds, 2-4pm, Stratford; Tues, 11am-1pm, Thurs, 10.30am-12.30pm, Green St; Tues, 10am-12noon, Katherine Road C.C.; Wed, 10am-12noon, Plaistow; Mon, 1-2pm, Canning Town; Thurs, 2-3pm, Custom House

Knit & Natter (16yrs+) ★

Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm,

Manor Park; Weds, 10.30am-12.30pm, Green St

ICT Surgery ★

IT advice for all ages. Weds, 10.30am-12noon, Stratford; Fri, 2-4pm, Canning Town

Love Newham app ★

drop-in Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

ICT Drop-in Session ★

Set up a My Newham profile and create an email account. Fri, 11am-1pm, The Gate; 10am-12noon, Green St

Deafroots Deaf Club

Opportunity to learn new and exciting things for members including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242778.

Support in Action ★

Thurs, 12noon-4pm, Jeyes C.C.

Get on Target Business ★

Advice Surgery Tues, 12noon-2pm, North Woolwich. Call 07931 576 483 to book.

SpEC Speaking English with Confidence ★

Mon, 10-11am, North Woolwich; Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Weds 10-11am, Thurs 10-11am, Green St; Thurs 6-7pm, Stratford; Weds, 10.30-11.30am, Manor Park; Weds, 11am-12noon, Canning Town; Weds, 11am-12noon, The Gate; Tues, 10.30-11.30am, Custom House; Weds, 10-11am, Beckton

Chai and Chat Women Group (18yrs+) ★

For women who use mental health service. Weds, 10.30am-12.30pm, Plaistow

Adult Reading Groups ★

Sat, 21 Nov, 10-11am, Custom House. Sat, 12noon-1pm, Green St. This month's book is Leave it to Psmith by P.G. Wodehouse.

Rabbits Rd Institute ★

Conversation Club

Thurs, 3-4pm, Manor Park

Life in the UK Classes ★

12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St

Cake Decorating ★

Weds, 10am-12noon, Katherine Road C.C. Call 020 8522 5772 to enrol.

ESOL for Beginners ★

Mon, 9.30am-3pm (EL2), Weds, 9.30am-3pm (EL3), Beckton; Tues and Fri, 1-3pm, Plaistow; Tues 9.30am-12noon, Fri 9.30am-12.30pm, Jack Cornwell C.C.; Weds and Thurs, 9.30-11.30am, Katherine Road C.C. Call 020 8522 5772 to enrol.

ESOL for Absolute ★

Beginners Weds, 9.30am-2pm, Katherine Road C.C.; Weds, 10-11.30am, The Hu

Let's Get Cooking ★

A ten week cookery course. Free for over-16s. Weds, 10am-12noon, Jack Cornwell C.C.

Grants Surgery ★

Guidance and information about Let's Get The Party Started and Go for It grants. Thurs 26 Nov, 4-6pm, Manor Park (term time only)

Safer Neighbourhood Drop-in ★

Fri, 12noon-1pm, Stratford

Get Connected ★

Bring your laptop, tablet or smartphone and learn how to make the most of your device. Tues, 1-2pm, Green St

Sewing Class ★

Weds, 10am-12noon, Beckton C.C. £2 per session.

Alcohol Awareness ★

Thurs 16 Nov, 3-5pm, The Gate

Newham Super Choir ★

Tues, 10.30am-12noon, Beckton C.C.

Ballroom Dancing

(18yrs+) Tues, 2-3pm,

Beckton C.C (Free); Thurs, 2.30-4pm, Field C.C (Free); Fri, 8-9pm, Jack Cornwell C.C (£4)

Slimming World

Mon, 5.30-9pm, Beckon C;C. £5

Interview Skills Practice

Thurs, 5-6pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Let's Job Hunt

Thurs, 6-7.30pm, Green St. Book a place by ringing 020 3373 0857 or email CN.GreenStreet@newham.gov.uk

Writers Group Thurs, 26 Nov, 5.45-7.30pm, The Gate

Let's Get Crafting Thurs, 3 Dec, 2.30-4pm, Canning Town

Gamers Group Monthly social club for adults with Asperger's Syndrome (AS) and High Functioning Autism (HFA). Thurs, 26 Nov, 1-3pm, Plaistow

CYANA Cancer You Are Not Alone, Information stall/drop-in advice session. Thurs, 26 Nov, 3-5pm, The Gate

Workplace Drop-Ins Thurs, 3 Dec, 2.30-4pm, Canning Town

UEL Drop-in Tues, 1 Dec, 10.30-12.30noon, The Gate

Safer Neighbourhood Drop In Meeting Thurs, 26 Nov, 10-11.30am, Canning Town; Tues, 24 Nov, 11am-12.30pm, Custom House

ESOL for Intermediate Weds, 10am-11am, Green St

COMMUNITY ACTIVITIES



Bumps and Babies (up to 1yr) A free home-based meet up, Weds, 1-3pm for expectant parents and those with babies. Email newham@nct.org.uk

Mums2be Meetup Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email

newham@nct.org.uk

Meet and Greet Mums, Bumps and Babies

Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police Cadets (10-12 yrs, term time) Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police Cadets (13-17 yrs) Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

BOXING AND SELF DEFENCE



Modern Arnis (16yrs+) Tues, 5-6pm, Jack Cornwell C.C

Boxing (Newham College) Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing Mon to Fri, 4-5pm 10-14yrs Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Punch Out (16yrs+) Fri, 4-5pm, Katherine Road C.C

West Ham Boys ABC Mon, Wed, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614

Martial Arts (16+) Tues, 5-6pm Jack Cornwell C.C.

HEALTH AND FITNESS



Salsa Dancing (18yrs+) Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking Wed, 9.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429; Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13; Sun, 10-11.30am.

Meet at East Ham Leisure Centre, E6

Tai Chi Class

Fri, 10-11am, Beckton C. C Fridays 10-11am

Singing for Health

Church of God, E12. Tues, 1.30-3pm. Free to over-50s.

UnityZumba

Mon and Wed, Lister Room, East Ham Town Hall, E6; Tues and Thurs, St Mark's Centre, E6. All 8-9pm. £5 per session

Oral Health Drop-in

Thurs, 3 Dec 3-5pm, The Gate

Let's Yoga

Cost £7.50 for 10 weeks, for 50+. Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St, £1.00 to hire a mat or bring your own.

50+ ACTIVITIES



Get Active, Get Healthy - Walk to the Park

Mon, 10.30-11.30am, Manor Park

Newham Striders Daily walking group. Call 0300 124 0123.

Bingo (50+yrs)

Mon, 12-1pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN

Faith based group with cultural activities. Fri, 12noon-2pm, Jeyes C.C

Active & Connected

Social group for gay and bi men. Last Thursday of each month. For info call 020 7791 2855

Active Centre 50+ Group Weds, 12noon-4pm, Field C.C

Dominos Group Fri, 6-10pm, Field C.C

Chair Based Yoga Tues, 12.30-1.30pm, Manor Park

Fifty Plus Men's Group Tues and Thurs, 2-5pm, Katherine Road C.C

Forever Young Enjoy community activities

and make new friends. Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.

Pilates Classes

Tues, 9.30-10.30am, Field C.C

Happy Living Club

Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club Wed, 12.30-1.30pm, Manor Park

Exercise for Fitness

Thurs, 10.30-11.30pm, Manor Park

Get Active, Get Healthy

Ten-week programme of workshops about health and wellbeing. Thurs, 10.30am-12.30pm at Hamara Ghar, 412-422 Green St E13. Thurs, 1-2pm (women), 2.30-3.30pm (men), Katherine Road C.C. Email CN.GreenStreet@newham.gov.uk or call 020 3373 0857 for more information

Walking Football

Tues, 10-11am, Prior Park E6 1QH. For more information email dgheerawo@westhamunited.co.uk or call 07803 210 299.

Soca Aerobics

Fri, 3-4pm, Grassroots C.C.

Age UK East London Nordic Walks (18+) Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13 Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242

Young at Heart Bingo Club Mon, 12noon-4pm, £1. Jeyes C.C

Ballroom Dancing Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £4. Call 07761 209 463

Steel Pan Music Therapy

For people with learning and physical disabilities, Dementia and stroke. Fri, 12-2pm, Beckton C.C

Tai Chi Class ★
Fri, 11-12noon, The Gate

GREEN



Green Gym ★
Weds, 10am-1pm, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973 156

Green Volunteering ★
Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

Garden Club ★
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

Gardening Thymes ★
Gardening Club
Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

Grow Together Be Together ★
Community Gardening Club
Wed, 10am-1pm. Sat, 1pm-3pm Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

Caravanserai Garden ★
Volunteering Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

Community Gardening ★
Tues, 10am-12pm, Beckton C.C

DOORSTEP CLUBS



Call 0300 124 0123. unless otherwise stated.

Athletics Club (14yrs+)
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+)
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

Stunt & Tumble (14yrs+)
Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Wy, E6. Call 07866 612 610

Stunt and Tumble (14yrs+)
Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Wy, E6. Call 07866 612 610

FEMALE SPORTS

Basketball Sessions ★
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs) ★
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

Female BoxFit (14yrs+) ★
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

Girls Football (11-16yrs) ★
Tues, 4-5.30pm and Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

Girls Group Cycling (11-15 yrs)
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

Just Play (14yrs+) ★
Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

Women's Martial Arts (16yrs+) ★
Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs. Mon and Wed, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

Get Back into Netball Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £2. Lister Community School, E13. Call 07717 281 529

Zumba fitness with Jess
Thurs, 10.15-11.15am, Stratford, £4. Call 07884 951 484

Abs Blast (11-15yrs)
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

Female Only Zumba Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292 902

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Ability Club (14-25yrs) ★
Multi sports for disabled young people. Wed, 5.30-6.30pm and

Fri, 4.45-6pm, NewVic, E13

Athletics (8-18yrs) ★
Tues, 4.15-6.15pm, Brompton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

Get Fit for Free ★
Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

Sensory Play (U5yrs) ★
Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi. ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

Swim for Families ★
Dealing with Autism
Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

Support In Action (18yrs+) ★
Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C

Family Swims
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

RUNNING



Beckton Park Run
Sat, 9am, Beckton Park South, E16. Call 07718 394 756 www.parkrun.org/beckton

Run England
£2 unless stated. Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Wed, 12noon-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10-11.30am, Wanstead Flats, E12 (meet at

Harrow Rd Changing Pavilion). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at cark park). Call 07718 394 874.

West Ham Park Run ★
Sun, 11am. Meet at Central Park Keepers Lodge, E6. Call 020 8257 4505

East End Road Runners
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647.

SPORTS



Mini Tennis
Tues, 4-5pm, and 5-6pm, East Ham Leisure Centre, 4-8yrs; Thurs, 4.30-5.30pm and 5.30-6.30pm, Newham Leisure Centre, 4-8yrs and 8-16yrs. £50 for 10 sessions. Email michelle. daniel@activeNewham.org.uk

Indoor Tennis Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email michelle. daniel@activeNewham.org.uk

Fencing with Newham Swords Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

Cricket (14yrs+)
Tues, 6-8pm, Newham Sixth Form College, E13. Call Ratheesh on 07476 269 226

Lister Table Tennis Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham Sixth Form College, E13. £1. For information call Shiri on 07888 830 179

Indoor Cricket (8-16yrs)
Wed, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL

SportsDock. Call 07932 037 173

Ramgharia Badminton Satellite Club (11-25yrs)

Weds, 6.30-8pm, Newham Sixth Form College, E13. £2.
Email ramgarhia.bc@gmail.com

Newham and Essex Beagles Athletics Club

Mon and Wed, 6-9pm.
Foundation groups (8-10yrs).
Mon, 7-8pm and Wed, 6-7pm,
£5. Terence McMillan Stadium,
Newham Leisure Centre, E13.
www.newhamandessexbeagles.co.uk

BMX (6-16yrs)

Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6.
Call 07961 333 615

Mini Tennis Courses

(4-16yrs) Tuesdays: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thursdays: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Saturdays: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741293513

Adult Tennis (16+)

Saturdays: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sundays: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741293513

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am- 12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13.
Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football

Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL



Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16.
Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports - Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme

Mon, 7.30-9.30pm, Division 2

women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Youngbloods Basketball

All sessions cost £1. All at St Angela's School, E7, unless stated. U12yrs, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6. U13/14yrs boys, Mon, 6-8pm and Wed, 4.30-6pm. U13/14yrs girls, Mon, 4.30-6pm and Wed, 4.30-6pm. U15/16yrs boys, Tues, 6-8pm. U17/18yrs boys, Mon and Wed, 8-10pm Call 07958 307 657

Basketball (15yrs+)

Thurs, 6-8pm, Newham Sixth Form College, E13. Free to Yr10/11 students and NewVlc students. £2 for others. Call Jermaine on 07876 874 191

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated

Tues, 24 Nov, Overview and Scrutiny Committee, 7pm

Tues, 1 Dec, Newham Partnership - Community Safety Partnership Executive Group, Old Town Hall, Stratford, E15 4BQ, 2pm

Weds 2 Dec, Agreed Syllabus Conference, SACRE, 7pm

Thurs 3 Dec, Mayoral Proceedings, 9pm

Fri 4 Dec, Development Control Members' Forum, Newham Dockside, 1000 Dockside Road, E16 2QU, 8am

CONTACT THE MAYOR

Here to Help sessions

Please register by attending the venue 30 minutes ahead of the advertised time.

Sat 28 Nov, 10am, The Gate, Please check website for new times of this surgery in 2016

Telephone Surgery

Weds 25 Nov. Call 020 8430 2000 between 9.30-10.30am and leave your details, and the Mayor will call you back.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6

Canning Town Barking Rd, E16

Custom House

Prince Regent Ln, E16

East Ham 328 Barking Rd, E6

Green Street 337-341

Green St, E13

The Gate 6-8 Woodgrange Rd, E7

Manor Park

685-691 Romford Rd, E12

North Woolwich

5 Pier Parade, E16

Plaistow North St, E13

Stratford 3 The Grove, E15

Archives and Local Studies
020 3373 6881

Community Outreach

020 337 30813

LEISURE & SPORTS VENUES

Balaam Leisure Centre

14 Balaam St, E13

East Ham Leisure Centre

324 Barking Rd, E6

Newham Leisure Centre

281 Prince Regent Ln, E13

NewVlc Prince Regent Ln, E13

UEL SportsDock Docklands Campus, University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre

14 Manor Wy, E6, 020 7511 1214

Field Community Centre

147 Station Rd, E7

020 8536 2800

Grassroots Centre Memorial

Park, Memorial Ave, E15

020 3373 0650

The Hub 123 Star Ln, E16

020 3373 0750

Jack Cornwell Community Centre

Jack Cornwell St, E12

020 8553 3459

Jeyes Community Centre

1 James Cl, E13, 020 8548 9788

Katherine Rd Community Centre

254 Katherine Rd, E7

020 8548 9825

St Mark's Community Centre

218 Tollgate Rd, E6

020 7511 1214

Vicarage Ln Community Centre

Govier Cl, E15, 020 8519 0235

The Well Community Centre

49 Vicarage Ln, E6, 020 7586 7070

London Borough of Newham

COMMUNITY
NEIGHBOURHOODS

London Borough of Newham

COMMUNITY
NEIGHBOURHOODS

What's on in Newham Now available

- Find out what's on your doorstep with a swipe of your finger
- Activities and events info for every member of the family
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Visit www.newham.gov.uk/communityevents

London Borough of Newham

COMMUNITY
NEIGHBOURHOODS

Celebrate Christmas in Newham

Begin your festive celebrations with free fun activities, entertainment and Christmas tree lights switch-ons to mark the beginning of the festive season.

East Ham Library, E6 2RT
Stratford Library, E15 1EL
Green Street Library E13 9AR
Woodgrange Market, E7

Saturday 28 November	2-5pm
Friday 4 December	4-7.30pm
Saturday 5 December	4-6pm
Saturday 5 December	5-6.30pm

 www.newham.gov.uk/christmas

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 NewhamEvents